

Appl. No. 09/695,272
Amdt. dated December 2, 2004
Reply to Office action of September 2, 2004

Amendments to the Claim:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled)

Claim 9 has been added as follows:

--9. (New) A mechanical apparatus comprising:

a base structure covered with a motionless cushion for supporting the user's
body while its wrist or ankle is engaged to a belt attached to a steel cable
passing around a small pulley being engaged into an adjustable rotary part
turning freely in all directions and being connected at a curved end of a
vertical bar mounted of each side of one small pulley and blocked thereby a
metal pin through a hole formed thereon a part member fixed to the base
structure of the apparatus for adjusting the vertical bar according to the
desired position, and
said steel cable extending inside said vertical bar so as to be able to turn
around two small pulleys being mounted at said base structure of the

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apparatus and of a main large pulley fixed at a diagonal bar, and to be
finally attached to a first end of an arm member and which the second end is
fixed at said base structure of the apparatus; and
a spiral spring is connected approximately in middle of said arm member
and welded to a rod connected to a part member which may be moved along
the perforated body member welded to said base structure and to be blocked
through a hole thereby a metal pin for adjusting the tension of said spring.--.

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